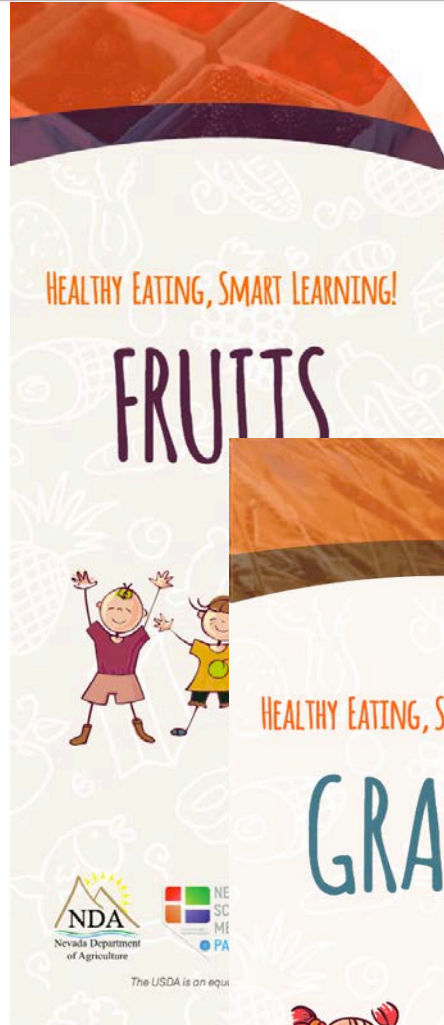


Meal Pattern Update






Meal Pattern Education





HEALTHY EATING, SMART LEARNING!

FRUITS

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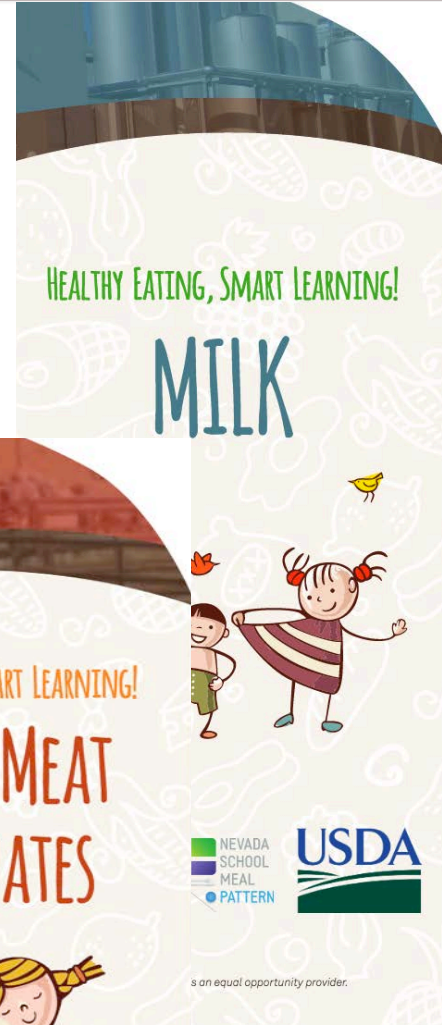


HEALTHY EATING, SMART LEARNING!

VEGETABLES







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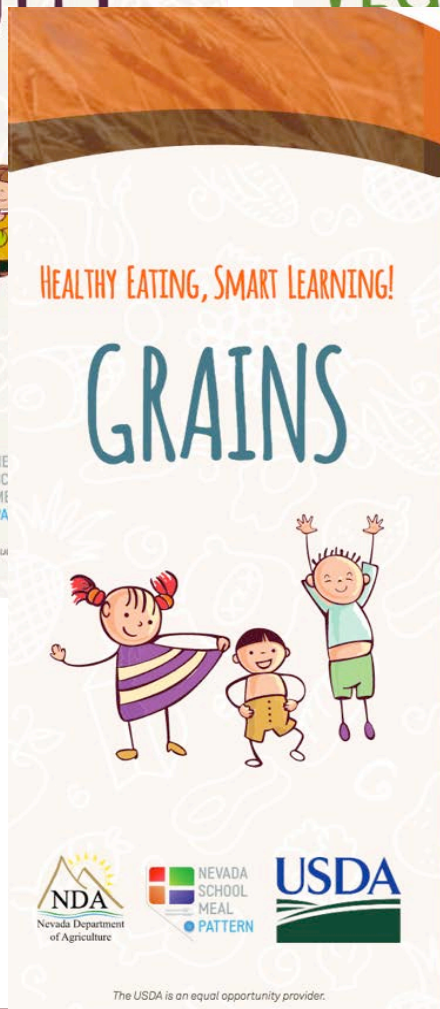


HEALTHY EATING, SMART LEARNING!

MILK









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HEALTHY EATING, SMART LEARNING!

GRAINS

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HEALTHY EATING, SMART LEARNING!

MEAT & MEAT ALTERNATES






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NEVADA CONNECTION: TEFF - NEVADA'S NEWEST GRAIN

Teff is a type of grass, similar to alfalfa, which is an ancient grain. It originated in Ethiopia between 4000 and 1000 BC, and has been a staple grain in African and Asian diets. Increasingly, it is being used as an alternative to wheat and other grains in the U.S.; it is grown in at least 25 states, including Nevada, because of its high nutritional content and the fact that it contains no gluten, making it appealing to those with celiac disease.

According to the University of Nevada Cooperative Extension (UNCE), teff is a high-quality horse hay. The word teff means "lost," because the teff seed is the smallest grain in the world—if you dropped one on the ground, it would be lost.

It may be tiny, but it's powerful. One cup of teff contains a whopping 62% of the recommended daily value of dietary fiber, 82% of iron, 89% of magnesium, and 83% of phosphorus. It's high in protein and contains all eight essential amino acids.

When it is grown as a grain, teff is usually made into flour, which has traditionally been used to produce an Ethiopian bread called injera, or a type of cereal resembling porridge or Cream of Wheat. Its flour can be used in much the same way as other flours.

Nevada teff, primarily grown in Churchill County, is becoming very important to the state's economy. It was first grown as an experiment in 2007 by the UNCE as a way to demonstrate how to produce feed for cattle in a drought year, when the state saw very little water. The seeds are very inexpensive to grow and produce a lot of grain quickly. Because of this, production of teff has grown, and about half of the teff sold as grain or flour in the U.S. is now grown in Nevada, providing \$1 million to the state's economy each year.



NEVADA'S FAMOUS FRUIT

Churchill County is known for its high-quality and delicious melons, particularly the "Hearts of Gold" cantaloupe. First farmed in Nevada by O.J. Vannoy in 1911, farmers including Lattin Farms in Fallon still grow the sweet melons today. Compared with other cantaloupes, the Hearts of Gold melons have a shorter shelf life only lasting about three days once they are ripe. According to the Seed Savers Exchange, which tracks the seed source of many varieties of fruits and vegetables, the Hearts of Gold was first introduced in Michigan when a man named Roland Mill crossed the Osage melon with the Nettle Gem melon to produce the new variety. He was granted a patent for the new seed variety in 1914. The melon is so popular that each September Fallon plays host to the annual Fallon Cantaloupe Festival, formerly called the "Hearts of Gold Cantaloupe Festival," the longest running food festival in the state celebrating the popular melon's harvest season.

AGRITOURISM LATTIN FARMS, FALLON

A few miles south of Highway 50 in Fallon, Lattin Farms now sits on 400 acres of countryside and has been home to the Lattin family farm for more than 100 years. Five generations have sown and harvested fruits and vegetables for sale and as time has passed and the region grew, so did their business. Today, along with growing a wide variety of fruits and vegetables, Lattin Farms also jars, preserves, and pickles various jams, jellies, and relishes for sale at the farm. The farm also boasts a bakery offering a variety of treats and breads made with locally grown ingredients. Lattin Farms products can be found on grocery store shelves in the region and for sale alongside the fresh produce Lattin Farms has for sale at many area farmer's markets.

An expanding focus of business for Lattin Farms in recent years also comes from agritourism, opening the gates of the farm and inviting the public to experience a taste of farm life, said Lattin Farms owner Rick Lattin. Visitors can pick their own apples, berries, pumpkins, and other produce, depending on the season. They can also tour the farm, ask questions of the people who work on the farm, ride a hay wagon, and find their way out of a corn maze.

In a state like Nevada where nearly every city or town relies in some part on tourists and visitors to support the local economy, it's no surprise that agritourism is growing in popularity. When Lattin Farms first built a corn maze in 1998 it was the only one in the state. Now there are five just within a two hour drive from Reno. More and more small farms are inviting the public to visit the farm and learn more about how food is grown.

"Most people live where their days are spent on concrete and asphalt and they have no idea what life on a farm is like. So to have the chance to pick your own berries or apples and create a connection with the land has become a very popular thing to do," Rick Lattin said. "Everybody eats and uses the products of farms, but many people have never seen where their food comes from."

Nevada Educational Requirements



HEALTHY EATING, SMART LEARNING!

Nevada's School Meal Pattern has a number of benefits. It is designed to improve the health of Nevada's children. It encourages:

- Healthy eating habits
- Increased consumption of fruits, vegetables and whole grains
- Right-sized meal portions

Nevada Academic Content Standards supported by this resource:

Language Arts: RI.3.1, RI.3.2, RI.3.4, RI.3.5, RI.3.7, RI.4.1, RI.4.2, RI.4.4, RI.5.1, RI.5.2

Health: 1.5.1, 1.5.4, 5.5.1, 6.5.2, 7.5.2

Social Studies: G6.3.4, G8.3.3, E11.4.3, G6.4.3

Visit agclassroom.org and agri.nv.gov for more resources.



Nevada
Agriculture in the Classroom

National School Lunch Week



45°

Search KRNV



NEWS WEATHER SPORTS ABOUT US TRAFFIC ON YOUR SIDE FEATURES

Washoe County schools offer themed lunches for Nat'l School Lunch Week

BY | MONDAY, OCTOBER 12TH 2015



RENO, Nev. (MyNews4.com & KRNV) -- Washoe County elementary schools will offer themed lunches this week as part of National School Lunch Week.

ADVERTISEMENT



TRENDING



RTC to host transit discussion in downtown Reno



Babysitter accused of leaving duct-taped 3-year-old in trash bag inside closet



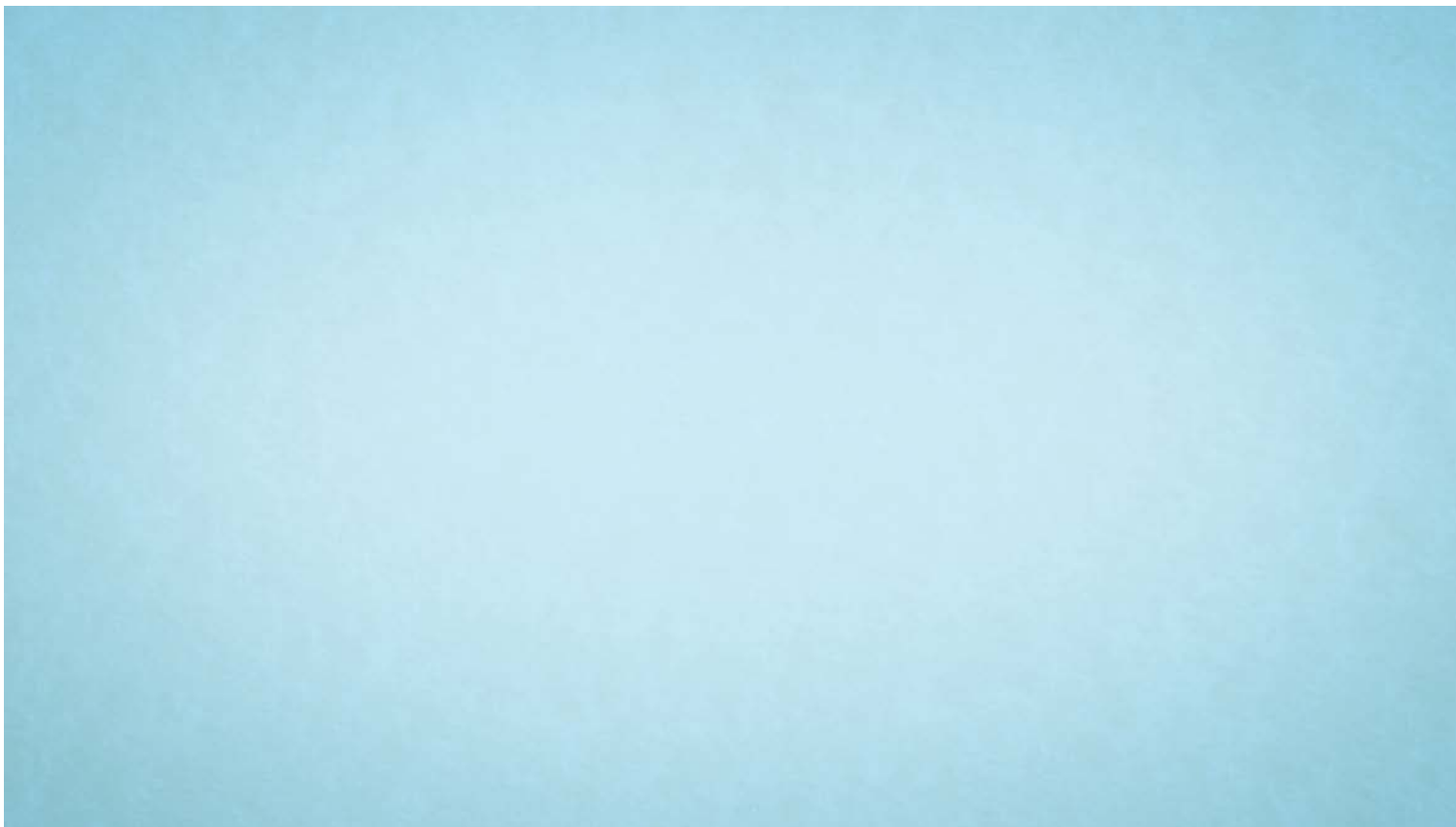
Widow admits trying to encase husband in concrete in 2003



Jeb Bush wins endorsement of South Carolina Sen. Lindsey Graham



Nevada School Meals Education



<https://youtu.be/ZYeXiNF7gk8>



Meat / Meat Alternates

School meals offer lean proteins like beef, chicken, cheese and peanut butter.

NEVADA SCHOOL MEALS

Eating healthy meals leads to smart learning. Nevada's School Meal Pattern is designed to improve the health of our state's kids. It encourages healthy eating, increased consumption of fruits, veggies and whole grains and right-sized meal portions.

PARENT RESOURCES



- Sign up for School Meals
- Nevada's School Lunch FAQ
- Frequently Asked Questions

ABOUT NEVADA SCHOOL MEALS



- What is the Meal Pattern?
- National School Lunch Program
- School Breakfast Program

NEVADA SCHOOL WELLNESS



- Nevada School Wellness Policy
- School Wellness FAQs
- Nevada's Smart Snacks List

CONTACT US



- Food & Nutrition Division
- School District Programs

Farm to School in Nevada



School Gardens



Procurement



Procurement – Fresh Fruit & Vegetable Program



Resources



NEVADA FARM TO SCHOOL PRODUCERS SURVEY REPORT



Resources



Department of Agriculture

Child Nutrition Program

NV.gov Agencies Jobs About Nevada

ADA Americans with Disabilities Act

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2015 Producers Map



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Updates

- About the Program


News & Events

- E-News

WELCOME TO THE FARM TO SCHOOL PROGRAM

Farm to school programs enrich the connection communities and schools have with fresh, healthy, local food. The term Farm to School encompasses a wide variety of activities including serving local foods in school cafeterias, providing educational content and curriculum around local agriculture and school gardens. Nevada is just getting started with farm to school initiatives, but the movement is growing fast.

FARMERS



SCHOOLS



SCHOOL GARDENS



RESOURCES





Thank You!

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